

# Physical Activity Limitations for Certain Medical Conditions

Condition	Limit These Activities:	Do More of These Activities:
Arthritis of Hip or Knee	<p>Weight-bearing activities:</p> <ul style="list-style-type: none"> <li>• Jogging</li> <li>• Stair climbers</li> <li>• High impact aerobics</li> </ul> <p>Any high repetition, high resistance or high impact activity</p>	<ul style="list-style-type: none"> <li>• Chair exercises</li> <li>• Outdoor or stationary cycling</li> <li>• Swimming</li> <li>• Water aerobics/walking</li> <li>• Elliptical machines</li> <li>• Rowing machines</li> </ul>
Osteoporosis (Brittle Bone Disease)	Activities with lots of bending forward at the waist (sit-ups or stomach crunches)	Any activity that avoids bending at the waist
Low Back Pain	High impact activities that involve running and/or jumping	<ul style="list-style-type: none"> <li>• Chair exercises</li> <li>• Walking</li> <li>• Slow jogging</li> <li>• Outdoor or stationary cycling</li> <li>• Swimming</li> <li>• Water aerobics/walking</li> <li>• Elliptical machines</li> <li>• Rowing machines</li> </ul>
Lower Extremity Amputation	With proper prosthesis, no activities are limited. As you lose weight, your prosthesis may need to be refitted.	<ul style="list-style-type: none"> <li>• Referral to physical therapist and/or brace shop is recommended.</li> </ul>
Stroke or Spinal Cord Injury	Limits depend on the amount of disability	Ask for a referral to a physical therapist for an activity plan
Balance Problems	<ul style="list-style-type: none"> <li>• Unassisted walking</li> <li>• Outdoor cycling</li> <li>• Activities with lots of jumping or side to side motion</li> </ul>	<ul style="list-style-type: none"> <li>• Chair exercises</li> <li>• Stationary cycling</li> <li>• Walking on treadmill with handrail</li> <li>• Other fitness machines with handles or grips</li> <li>• Referral to physical therapy for moderate to severe problems</li> </ul>

